

Grimes Parks & Recreation Department

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Volleyball Clinic/League Lesson Plans

PRACTICE DAYS 1, 2, 3

-:05 Check-in Players, Intro of Coach, Appropriate clothing-shorts & shirt, clean shoes
 -:05 Safety Rules- Stop on Command, Pay Attention, No hitting ball during learning times

-:05 Warm-Ups- (Something fun to and energetic to get them going)

Big Group- Start at back line, Jog to Net and Jump, then back pedal to back line.

1 Line-Jog the sideline, shuffle in front of net, back pedal other sideline, shuffle back line

Fun Games- tag games- line tag, tunnel tag, come up with own

-:05 Stretch in Circle- Captain or Coach Counts- Arms behind, arms in front, trunk twists, touch toes

-:20 Skill Development Time- (Demonstrate each technique, see handout)

*Can be done in Stations or with one Group depending on your amount of help

1 Bumping (Passing)- ball toss back and forth, coach stands in front net & kids in lines hitting back, partner bumping, circle bumping (Game of Keep it Up),

2 Setting (2nd Hit)- kids can lay down so they have to push ball up to partner/coach to start, then toss ball above their head so they can set back, have child in front of bump line to see if they can set to coach

3 Spiking (Final Hit Over)- for older kids, intro to younger kids, use wall to work on, work w/ other coach to allow for net time for this, coach tosses ball up so they can spike.

4 Serving- work on underhand serve until they can successfully hit ball over, then intro and work on overhand serve. Coaches work with each other & put kids along spike lines to serve over or create a line along the right side and hit over, lead up games, relays

-:10 Finishing Lead-up Games- See Games/Drills Handout to pick from.

-:05 Team Huddle- coach talks about positive things, informs kids next practice plans

SCRIMMAGE/GAME DAYS 4, 5, 6

Grades K-2- Similar to above but allow 15-20 minutes for a game at the end and keep score. Emphasize score is kept to allow them to see how things are scored more than who wins. Coaches can play on the court to help out. With the higher # of kids, you can form multiple rows or just allow 6 to play for 5 minutes and then allow 6 more to come in. The other coach can circle bump with them along the east side of gym by bleachers.

Grades 3-6- Similar to above but allow 30-40 minutes to play a match, switching sides after each game. Girls can slide up as far as they need to but keep pushing them back if they get it over the first time. Subs can rotate in at the serving position or right after. Emphasize skill development rather than winning. Shake hands after match.